

# LIFESTYLES

HAWAII MARINE B SECTION

DECEMBER 3, 2004

'Those magnificent men in their FLYING MACHINES'



Stearman Biplane Rides, Inc. offers numerous packages to tour the island of Oahu in a fully-restored World War II vintage open-cockpit Stearman N2S Biplane. From hovering over the quaint town of Haleiwa, to viewing the beauty of Waimea Falls and Sunset Beach, the experience of this aerial tour is unforgettable. Guests can also choose to retrace one of the aerial routes the Japanese took to bomb Pearl Harbor.

## Tour company aims to fly sightseers to cloud nine

Story and Photos By  
**Cpl. Jessica M. Mills**

Sports Editor

There are many beautiful and historical sights to see on the island of Oahu; you can walk through the enchanting town of Haleiwa and the North Shore, traverse acres of pineapples at the Dole Plantation, or sail out to the remains of the USS Arizona, but you can only see so much on foot.

Imagine the possibilities if you were in the air, with the wind in your hair and the sun at your back, as you travel over this magical island in a fully-restored World War II vintage open-cockpit Stearman N2S Biplane.

This classic, one-of-a-kind experience offers scenic tours of the picturesque North Shore of Oahu, as well as a historic air tour over Pearl Harbor, retracing one of the bombing routes used by the Japanese on Dec. 7, 1941.

"This is pure flying. The open cockpit allows you to smell and see the sky surrounding you. It's a really cool experience and hard to explain," said Bruce Clements, owner and pilot of Stearman Biplanes Rides, Inc. "The Stearman Biplane is kind of like

the Harley Davidson of airplanes. It is true flying, not transportation, and that is the truth."

In 1941, Boeing created more than 10,000 Stearman Biplanes as primary trainers for the Army and the Navy during World War II. The military began using these planes in the early 1930s and continued training on them until the late 1950s.

Now, more than 60 years later, this open cockpit 1941 Stearman Biplane is available for the public to experience and fly. During flight, guests are suited up with a leather helmet, goggles and a radio headset to take the

front seat in the cockpit. Joined by the fully FAA qualified owner and pilot, Bruce Clements, guests are given a chance to take control of the stick as they fly over the island.

No experience is needed, age is not a big factor and Clements will tell you what you need to know. He has taken children as young as five years old up in the biplane.

"I have been flying for over 30 years, and I also pilot a Boeing 747 for Hawaiian Airlines," said Clements. "Everyone enjoys these tours, most people say it is the highlight of their vacation. I can honestly say I have never had a complaint about this service, not even the price. Everyone says it is worth it."



According to Clements, the Stearman is very secure and stable during the flight. The pilot goes about 85 to 90 miles per hour and stays about 1500 feet up.

Clements flies from sunrise to sunset, weather permitting, and accepts appointments

throughout the week. He requests that guests schedule at least a couple of days ahead of time, but he will make exceptions for same-day appointments if his flight schedule allows.

Military service members are given a 15 percent discount off the price of the several tour packages offered. A 20-minute ride over Waimea Falls, Waimea

Bay, Sunset Beach, and Pipeline costs \$125 per person.

For \$195, guests can choose a 35 to 40 minute historic aerial tour of Pearl Harbor, retracing one of the routes the Japanese took to bomb the naval station, or they can choose an aerial tour of the sacred falls along the North Shore of Oahu.

The last package combines the aerial tour of Pearl Harbor and Japanese attack routes with a tour of the falls along the North Shore. The entire aerial tour lasts approximately one hour and costs \$295.

For the truly adventurous, exciting aerial acrobatics can be added to any of the packages for a mere \$50 additional fee. The pilots will turn your world upside down and inside out for about 20 minutes with loops, rolls, Cuban 8s, hammerheads and snap rolls.

Since whale watching season began in November and lasts till April, now is the perfect time to take a ride over the North Shore area.

"It is very, very common to see the whales out and about," said



**Bruce Clements, owner and pilot of Stearman Biplanes Rides, Inc., flashes a grin as he flies his fully-restored World War II Stearman N2S Biplane on a tour.**

Clements. "I always see them during this time of the year, and the ride is steady enough to bring cameras and video cameras along for the ride."

Stearman Biplane Rides is located in Hangar B6 at the Dillingham Airfield in Mokuleia, a small town off Farrington Highway on the North Shore. To schedule an appointment or for directions, contact Stearman Biplane Rides, Inc. at 637-4461.

Those adventurous individuals who would like to add additional thrills to the tour, can choose to turn the island upside-down with 20 minutes of aerial acrobatics that include loops, rolls, Cuban 8s, snap rolls and more. During the whale watching season, from November until April, it is common for the co-pilots to spy these underwater mammals relaxing in the waters along the North Shore.



# Plan holiday spending to avoid stress

**Brandi Givens**  
*LIFELines Service Network*

For many military families, financial stress goes hand-in-hand with holiday shopping. There are ways to alleviate some of this annual anxiety with a little careful planning.

**Opening a holiday savings account**  
Many financial institutions like Navy Federal Credit Union offer accounts designed for short-term saving. These accounts are versatile; money can be transferred automatically or manually at the member's convenience. It's never too late to start saving. Perhaps next year you might want to take advantage of a long term savings effort. By opening an account in January and saving just \$50 a month, by November you will have saved \$500 plus interest.

**Make a holiday budget**  
One way to keep spending under control is to create a holiday budget. It is wise to base this budget on cash available so that credit card bills aren't overwhelming in January. Making a budget can be broken into three simple steps:

- Decide what your total holiday spending

budget will be for the year.

- Make a detailed list of holiday expenses.
- Allot a portion of your budget to each expense.

Once a holiday budget is made, don't be discouraged by what may look like small amounts. There are many ways to save money while still giving wonderful gifts.

**Coupons and discounts**  
Below are some ideas for saving money on gifts.

Shop early and spread gift-buying through the year to ease financial stress and to take advantage of off-season sales. Be sure to remember whose gifts have already been purchased by storing everything in one large container, complete with a check-off list taped inside the lid.

Search through mail and newspapers as retailers often circulate coupons, such as \$10 off a \$50 purchase. Add this discount to items which are already on sale, and you'll get a great deal.

Shop the Web since most online retailers don't charge tax. Many even advertise free shipping and will send gifts directly to loved ones. For online specials and coupons, check out Flamingoworld.com.

Shop at eBay.com or at other auction sites where gifts can often be found for much less than you would pay retail. Just remember to check shipping charges before bidding.

**Homemade gifts**  
Here are some suggestions for homemade gifts that can cost very little but will please your family and friends a lot.

Making a scrapbook filled with photos is an irreplaceable keepsake. Start this project early and watch for sales on supplies at your local craft stores.

Home-baked goods packaged in festive holiday tins from any discount store filled with homemade cookies and candies from treasured family recipes are always appreciated.

Give a mix in a jar. Fill pretty jars with the

dry ingredients for making cocoa, coffee drinks, tea, soups, or cookies. Complete the gift by tying the recipe card to the jar with a festive ribbon.

Show off your good side or just be a ham with a portrait present. Major department stores offer great online coupons for portrait packages. If you want to save more money, have a friend take a nice snapshot of you; for less than \$3, Wal-Mart will enlarge that snapshot to 8 inches by 10 inches. Throw in a nice but inexpensive frame, and you have a great gift for family members.

During the holiday shopping season, bases often sponsor craft fairs where local vendors often sell inexpensive and unique handmade items. Don't forget holiday craft fairs around the community as well. Check your base and daily newspapers for dates and times.

Search the Web for sites that contain countless ideas for homemade gifts. Start your search with iVillage.com, Home and Garden Television, Allrecipes.com, and Make-stuff.com.

Remember, no matter what your budget is for the holidays, you can avoid financial stress and still make the holidays special for your family and friends.

## MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

### Possibilities in Paradise

#### Kahuna's Bar & Grill

254-7660/7661

**Club NFL** — Your club has the latest in NFL Monday Night Football action. Get the folks together for giveaways and more football fun than you'll



get watching somewhere else. On Monday, watch the Dallas Cowboys take on the Seattle Seahawks.

#### Staff NCO Club

254-5481

**Club NFL** — Your club has the latest in NFL Monday Night Football action. Get the folks together for giveaways and more football fun than you'll get watching somewhere else. On Monday, watch the Dallas Cowboys take on the Seattle Seahawks.



#### Officers' Club

254-7650/7649

**Army/Navy Game** — Watch the most anticipated football games of the season on the plasma at The Officers' Club bar Saturday.

Doors open at 8:30 a.m. and kick off is at 9:30 a.m. Tickets cost \$12 and include a continental breakfast buffet and halftime lunch.



**Seafood Buffet** — There will not be a regular dinner menu Thursday as an all-you-can-eat seafood dinner buffet is scheduled from 6 to 8 p.m.

The cost is \$22.95 for members and \$26.50 for nonmembers. A salad bar-only option will also be available.

#### All Hands

**McDonald's To Rebuild** — On Dec. 31, McDonald's of Kaneohe Bay will close for approximately 120 days, when the existing building will be torn down and construction will begin on a new structure.

**KOSC Tour of Homes** — Visit MCB Hawaii homes that are decorated for the holidays tonight.

The Tour of Homes is open to all hands and will meet at The Officers' Club at 6:30 p.m. Since you're heading down to the club,



why not make it an evening out and enjoy their optional Mongolian dinner buffet (at an additional cost) at 5:30 p.m. before leaving for the tour? Tickets for the tour are \$7 in advance or \$10 at the door. For more info or to buy tickets, call 254-2491.

**Holiday Craft Fair** — Camp Smith will hold their annual holiday craft fair on Thursday from 7:30 a.m. to 2 p.m. Vendors will set up in building 4, opposite the MCX.

You'll find everything from homemade and holiday craft items to baked goods.

If you are an interested vendor, call 477-5143.

**Santa's Village** — 'Twas a fortnight before Christmas, and all through the base, not a creature was stirring, for they were at Santa's Village, for a pre-Christmas taste.

Mark your calendars, because Santa is making a pit stop at K-Bay, Dec. 11, to take Christmas wishes.

Santa will make his grand appearance at the Child Development Center, from 9 a.m. to 1 p.m. All base families are invited to visit this winter wonderland complete with tinselled trees and hundreds of twinkling lights.

Bring the little elves to meet, greet and receive a free photo with Santa. Pictures are limited, so arrive early. Once the keiki are satisfied with sitting on Santa's lap and reciting their holiday wish lists, they may participate in the 12 Days of Christmas Crafting. From face painting to ornament making, the children will have numerous activities to keep them in the holiday spirit. Additional entertainment include pupus and even a bouncy house!

For more information, call the CDC at 257-1356.

Every year, Santa's Village has been an overwhelming success because of the volunteer support offered by the base community. If you would like to show a little holiday spirit and lend your time, please call Marine & Family Services Information & Referral at 257-7786.

**Breakfast with Santa** — Enjoy Sunday Brunch at The Officers' Club and bring the kids for a free picture with Santa on Dec. 12. Brunch will be served from 10 a.m. until 1 p.m.



The cost is \$17 for members, \$19.50 for nonmembers, \$6.95 for children ages 8 – 12, and \$3.75 for children ages 5 – 7.

For more details, call 254-7650.

**Crafty Christmas** — The base library is hosting a Christmas program teaching children the joy of books on Dec. 18 from 1 to 2 p.m.

Children will hear heartwarming stories, participate in holiday activities and enjoy holiday treats. This is an opportune event for children and parents to spend time together.

For more information, call the base library at 254-7624.

#### Ongoing

**Holiday Dinner Buffet** — Make your holiday shopping and cooking a little easier this year, every Friday and Saturday, from Friday through Dec. 31, 6 – 8 p.m.

Sit back, relax and let the chefs at The Officers' Club cook your meals. Enjoy a buffet of an assortment of salads, carved prime rib, chicken, roast pork, fresh atlantic salmon, snow crab legs, an assortment of desserts and much more.

The cost is \$28.75 per person.

For more details, call 254-7650.

**Pro Bowl Package** — Invite family and friends out to the Hawaiian Pro Bowl weekend, Feb. 10 – 14. Leisure Travel is selling a package deal from the West Coast at \$1,099 per person.

The package includes round-trip air transportation from Los Angeles to Honolulu, four-night hotel accommodations, tailgate party on the shores of Pearl Harbor and NFL Pro Bowl game tickets.

To purchase tickets or for more info, call Leisure Travel at 254-7413.

**Entertainment Books** — The 2005 Entertainment Books with great discounts on all of your favorite activities and restaurants in Hawaii is on sale now. The books cost \$30 and are great as holiday gifts.

To buy, call Information, Tickets and Tours at 254-7563.

**New Military Spouse Class** — L.I.N.K.S. is the perfect class for spouses new to the islands or to the Marine Corps lifestyle. L.I.N.K.S. provides basic information necessary to acquaint spouses with the unique aspects of the demands and privi-

leges of military life.

Call 257-2368 for a calendar of their free classes.

**Cash Office** — Check cashing hours have changed. The new hours are Monday – Saturday, 11 a.m. – 7 p.m.; Sundays and holidays, 11 a.m. – 6 p.m.

**NASCAR Sundays** — Race to the Kahuna's Bar & Grill to catch NASCAR. The club opens with breakfast at 7 a.m. and serves selections from the grill menu until closing time at 8 p.m.

Wear your favorite race driver's gear and receive \$1 off chicken wings.

**Live NFL Games** — Check out all the Sunday NFL games live on DIRECTV at Kahuna's Sports Bar & Grill and The Staff NCO Rocker Room. The clubs opens at 7 a.m. and breakfast will be available for purchase.



**Fix it Yourself** — Want to do a little work on your prized vehicle, but don't have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at building 3097, next to the 24-hour car wash, and utilize their tools to get your baby back in top form.

Certified Hawaii Safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m.


Keep an eye out next week for a deal at the sealed bid auto auction the Auto Skills Center hosts. Call 254-7674 for more information.

**ASYMCA Playmornings** — Children and parents are all invited to come have fun at the Armed Services YMCA "Playmornings." Spend quality time with your children and get to know other families aboard the base. Playmornings is a facilitated parent-child program to encourage bonding within and amongst families.

Enjoy crafts, games, songs and fun at various locations across the base. The program runs Mondays through Fridays, from 9:30 to 11 a.m. at the following locations: Mondays at Hale Koa Beach, Tuesdays at the Youth Activities building 5082, Wednesdays and Fridays at the Super Playground and Thursdays at Connor Loop Playground. In case of inclement weather, head to the Armed Services YMCA at building 1638.

For more details, call 254-4719.

## SM&SP



### SINGLE MARINE & SAILOR PROGRAM

All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in building 1629, inside the Kahuna's Recreation Center. Get more details on activities at [www.MCCS.Hawaii.com](http://www.MCCS.Hawaii.com) under the "Semper Fitness" icon, or call 254-7593.

**Upcoming Events**

*Camp Smith Christmas Party:* Head to the Camp Smith Recreation Center on Dec. 17, from 10 a.m. to 2 p.m., for free food and giveaways, a Halo 2 challenge and pool tournament.

*Polynesian Cultural Center Adventure:* Join the SM&SP at the PCC, Dec. 18 at 2 p.m.

The cost is \$55.95 per person and includes a tour of the center and preferred seating at the IMAX movie. Call SM&SP for details.

**SM&SP Benefits**

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

- At the Tennis Courts:* You can get into the swing of things with free tennis lessons Thursdays from 11 a.m. to 12 p.m. Call 258-8081 to make your reservations.
- At the Kaneohe Clipper Golf Course:* Practice your swing with free-range balls, club rental at \$5 per set, 9 holes of play at \$5, or 18 holes of play for \$9.
- At K-Bay Lanes:* Score with games at \$1.50 each, free shoe rental (Mondays through Thursdays), and no-tap at \$15 on Thursdays at 8:15 p.m.
- At the Base Marina:* Enjoy free, unit-sanctioned "Adventure Training" with classes in scuba, power boating, water skiing and more.
- Inflatable Game Rentals:* Sumo suits, the Gladiator Joust and the Big Bouncy boxing ring are all available for unit functions on MCB Hawaii, for only \$100 per game.

## MOVIE TIME

**Prices:** Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office. Call 254-7642 for recorded information.

**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

TAXI (PG-13)	Today at 7:15 p.m.
Team America: World Police (R)	Today at 9:45 p.m.
Surviving Christmas (PG-13)	Saturday at 7:15 p.m.
TAXI (PG-13)	Saturday at 9:45 p.m.
Shark Tale (PG)	Sunday at 2:00 p.m.
Surviving Christmas (PG-13)	Sunday at 6:30 p.m.
TAXI (PG-13)	Wednesday at 6:30 p.m.
Surviving Christmas (PG-13)	Friday at 7:15 p.m.
Alfie (R)	Friday at 9:45 p.m.



# Choosing LEDs will save energy, money

Decrease electricity consumption by switching to LEDs and fluorescent lights

**John Dunbar**  
*Base Facilities*

The holiday season is upon us. Decorative lights and fixtures will certainly be a part of our celebration as we ready our homes, offices and other base areas for the holidays.

Many Americans love to decorate during the holidays with strings of lights and most people currently use standard incandescent (C-7) lights or mini-lights. However, these can use a significant amount of energy and regularly involve troubleshooting and irritating bulb replacement. It often seems easier and less frustrating to throw away a string of lights and buy a new one rather than figure out which bulb is burned out.

As much as we're used to using these lights, there are better ways to decorate your home or office. A couple of the newest technologies are Light Emitting Diode holiday lights and fiber-optic Christmas trees. Replacement of standard incandescent holiday lights with LED lights can reduce energy use by more than 95 percent. In addition, LED lights last longer (up to 100,000 hours indoors), burn cooler, and are available in multiple colors and styles including icicle, ball-shaped and C-7 (candle-shaped) bulbs with virtually indestructible lenses. Another plus is that LED lights have a different appearance from the familiar incandescent models as they may appear to shimmer as the light passes through the faceted bulbs.

Another relatively energy efficient tree lighting strategy is the fiber-optic artificial tree. These trees use a single incandescent bulb ranging from 5 to 50 watts, depending on the size of the tree. Light is transmitted from the single bulb (so there's only one bulb to replace) through hun-

dreds of very small optical fibers and emitted along each branch of the tree. Some trees come equipped with a rotating color wheel that changes the color emitted from the fibers. Fiber-optic lights are cool to the touch, as only light is transmitted from the fiber and not heat.

Following these additional tips will help make your holidays more energy efficient.

- Use of nonelectrical decorations like garlands, tinsel, ribbons, and wreaths.

- Put your holiday lights on a timer to reduce costs, remove the daily burden of turning them on and off manually and to prevent leaving them on all night or during daylight hours.

- Operating Christmas lights for no more than four evening hours a day keeps energy use and costs under control.

- Whether you're looking for that last stocking stuffer or a major gift, think energy efficient. For major

gifts, such as computers, televisions, and appliances, look for the Energy Star label, the symbol for energy efficiency.

- When shopping for the kids, remember there's nothing wrong with gifts that are powered by the mind and imagination rather than batteries or electricity.

- Unplug the video games and turn off the millionth broadcast of "It's A Wonderful Life" or sitcom on Christmas Eve and read your favorite holiday story instead. Your children may appreciate your attention and time, and you will save energy in the process.

- Make a New Year's resolution to save 75 percent in electrical consumption. It's an easy one to keep since all you have to do is replace your incandescent light bulbs with compact fluorescent lights.



# Blood donors needed

Demand for blood products rises while supply dwindles

**Margaret Tippy**

*Tripler Army Medical Center Public Affairs Office*

**TRIPLER ARMY MEDICAL CENTER, Hawaii**—During this holiday season of thanks and giving we want to make sure the community knows how they can give "The Gift of Life" and assist service members deployed to Iraq and Afghanistan and their families by donating blood at Tripler Army Medical Center's Blood Donor Center — part of the Armed Services Blood Program.

Tripler's Blood Donor Center may only draw blood from Department of Defense (DoD) associated people — go to [www.tamc.amedd.army.mil](http://www.tamc.amedd.army.mil) to check out if you and your family are

eligible which includes military retirees, their families and DoD Employees in Hawaii.

Hawaii has had more than 260 military members return from Iraq and Afghanistan wounded or injured, so far this year. Tripler is the only donor center that solely supports service members and their families. The hospital ships blood donated here to Iraq and Afghanistan to support our military troops and provide blood to those in need at Tripler.

If you are willing and eligible to donate, the Donor Center is located on the second floor at Tripler Army Medical Center, and is open weekdays 8 a.m. – 2 p.m. There is always a high demand for all blood and blood products — especially during the holidays.

For more information or for an appointment, call the Tripler Donor Center at 433-6195, or leave a message at 433-6779 (Transfusion Services).

Do your part to support the troops. Blood donors do make a real difference; donate today and save a life.



**BLOOD DRIVE**

### 3rd Marines' Blood Drive

When: Dec. 15, 7:30 a.m. – noon  
Where: 3rd Marines Medical Aid Station, bldg. 1058  
Contact: Petty Officer 3rd Class Tristan Smith at 257-3419 or (917) 753-0912, or the Blood Donor Center at 433 - 6148

# Little things will remind spouse

Keep missing loved ones in the loop with daily antics

**Jennifer Hochlan**  
*LIFELines Service Network*

Whether you are near or far, remember that your children love you no matter what.

While a message from Fabio would be nice, reality has given you a 5 year old with gum in her hair who thinks her crayons are essential to wallpaper design. All this action and adventure, and your spouse joined the Navy or Marine Corps? Just think what they're missing while deployed.

Not only is it essential for you to stay in touch with your loved one during a deployment, it is vital for your children. Daydreams might help pass the time in your world, but for your kids, time away from a deployed dad or a deployed mom feels endless. Easing the wait and making the most of it means making

them a part of the cycle.

Open the door to your child's creativity and sensitivity by stocking up on paper, paints, crayons — anything your child loves to play with — to create masterpieces ready to mail or e-mail to your spouse. If your kids are older, they can create journals or write about their day-to-day events and send those as well.

Don't forget that your loved one is a million miles away from life's simple family pleasures. Here are more ideas for keeping in touch.

After the construction paper has been cut and pasted, the letters sealed with a kiss, and the occasional telephone I-love-yous are said and done, comes a silence. Helping your children stay in touch is about teaching them the reality of life in the military. You may know that a deployment allows you the opportunity for growth. It isn't any different for your kids. Have your kids express how they have changed in a positive way.

This method of keeping connected can be especially rewarding for older children — the ones who think they know everything. Have your

16-year-old son write about the date with the girl he's had a crush on since 7th grade ... how he built up the nerve to ask her based on a conversation he may have had with Dad before he left. Or have your 14-year-old daughter express the heartache of fighting with her best friend because she didn't call her 10 times after school (only seven). Those quirky things your teen does that make you shake your head will bring a smile to your spouse's face and make him or her feel closer to home.

Helping your kids stay in touch is about expressing the little things in life. The more you concentrate on the everyday, seemingly mundane events that occur, the more your spouse will feel loved, and feel he or she is still a part of home. So rattle on about the dishwasher and the fact that you drove off from the gas station with the pump in the tank (again), and let little Janie go on about boys with cooties — it makes life worth living. And it makes you realize Fabio can't hold a match to your husband in his olive-green socks, slippers, and boxer shorts.

# ON THE MENU AT ANDERSON HALL

**Friday**  
*Lunch*  
Seafood Platter  
— Fried Fish Nuggets  
— Fried Shrimp  
— Fried Scallops  
— Breaded Oysters  
Lasagna  
Baked Ravioli  
Macaroni and Cheese  
Chewy Nut Bar  
Yellow Layered Cake  
w/Butter Cream Frosting  
Asst. Fruit Pies

*Dinner*  
Roast Pork Loin  
Barbecued Chicken  
Mashed Potatoes  
Wild Rice  
Corn on the Cob  
Chewy Nut Bar  
Yellow Layered Cake  
w/Butter Cream Frosting  
Asst. Fruit Pies

*Specialty Bar  
(Lunch and Dinner)*  
Pasta Bar



**Saturday**  
*Brunch/Dinner*  
Herbed Rock  
Cornish Hens  
Grilled Strip Loin  
Steak  
Rice Pilaf  
Mashed Potatoes  
Herbed Green Beans  
Chocolate Chip Cookies  
Asst. Fruit Pies

**Sunday**  
*Brunch/Dinner*  
Yankee Pot Roast  
Baked Ham  
Mashed Potatoes  
Candied Sweet Potatoes  
Simmered Mixed Vegetables  
Simmered Pinto Beans  
Chocolate Layered Cake

w/Chocolate Cream Frosting  
Asst. Fruit Pies

**Monday**  
*Lunch*  
Baked Meatloaf  
Creole Pork Chops  
Mashed Potatoes  
Noodles Jefferson  
Boston Baked Beans  
Apple Crisp  
Chocolate Chip Cookies  
Asst. Fruit Pies

*Dinner*  
Baked Turkey and Noodles  
Baked Fresh Fish  
Steamed Rice  
Simmered Corn  
Apple Crisp  
Chocolate Chip Cookies  
Asst. Fruit Pies

*Specialty Bar  
(Lunch and Dinner)*  
Pasta Bar

**Tuesday**  
*Lunch*  
Beef Sukiyaki  
Pork Chop Suey  
Egg Foo Young  
Chinese Fried Egg Roll  
Steamed Rice  
Chicken Fried Rice  
Vegetable Stir Fry  
Chocolate Pudding  
Asst. Fruit Pies

*Dinner*  
Creole Macaroni  
Honey Ginger Chicken  
Breasts  
Mashed Potatoes  
Noodles Jefferson  
Cauliflower Au Gratin  
Chocolate Pudding  
Asst. Fruit Pies

*Specialty Bar  
(Lunch and Dinner)*  
Taco Bar

**Wednesday**  
*Lunch*  
Barbecued Spareribs  
Country Style Steak  
Red Beans and Rice  
Mashed Potatoes  
Southern Style  
Collard Greens  
Oatmeal Cookies  
Asst. Fruit Pies

*Dinner*  
Baked Chicken  
Beef Pot Pie  
Boiled Egg Noodles  
Mashed Potatoes  
Southern Style Squash  
Brownies  
Asst. Fruit Pies

*Specialty Bar  
(Lunch and Dinner)*  
Hot Dog Bar



**Thursday**  
*Lunch*  
Baked Lasagna  
Veal Parmesan  
Mashed Potatoes  
Italian Mixed Vegetables  
Garlic Toast  
Brownies  
Asst. Fruit Pies

*Dinner*  
Chicken Vega  
Simmered Corned Beef  
Parsley Buttered Potatoes  
Buttered Egg Noodles  
Simmered Carrots  
Apple Pie  
Oatmeal Cookies  
Asst. Fruit Pies

*Specialty Bar  
(Lunch and Dinner)*  
Taco Bar



## Use Your Head ... Wear a Helmet






**MSF**  
MOTORCYCLE  
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www.msf-usa.org

Visit us at [www.wish.org](http://www.wish.org) or call (800) 722-WISH and **share the power of a wish®**.

Make-A-Wish Foundation® is a CFC participant. Provided as a public service.





# Use caution in data protection

## FTC offers tips to protect the unwary in a wired society

**Sara Davis**

*LIFELines Service Network*

The Information Age has opened doors to greater knowledge and instant contact. With the telephone, the Internet, e-mail, and wireless devices, you can instantly communicate with anyone anywhere in the world. You can go shopping from the comfort of your couch to all parts of the globe, where you can spend your hard-earned money with a quick click of a mouse button.

But the Information Age also provides a high-speed avenue right through the fortress that once was an impenetrable home.

Telephones and the Internet can't distinguish between good and evil, so the unwary are easy prey for the new breed of con artists, scammers, and identity thieves who use these tools as weapons and as keys to the castle. In their wake, these criminals leave a disastrous trail of financial ruin, legal problems, and heart-break for the unsuspecting.

Here are some tips, courtesy of the Federal Trade Commission, to help protect you and your family.

### Telephone security

Scam artists are always just a phone call away. Typical scams include:

**Price offers:** You usually have to do something to get your "free" prize, such as attend a sales presentation, buy something, pay a "shipping fee," or give out a credit card number. The prizes are generally worthless or overpriced.

**Travel packages:** The "free" or "low-cost" vacations actually contain expensive hidden costs, or are totally bogus.

**Vitamins and other health products:** Research the company and brand before you buy or you may end up with products that either don't work or are worth very little.

**Get-rich-quick schemes:** These promise high returns with little or no risk, often labeled "investment opportunities." As a rule, these are worthless.

**Charity scams:** Con artists label phony charities with names that sound like better-known, reputable organizations. These groups often pose as police or fire associations and offer products for donations — but the products are worthless or never come.

### How to protect yourself

It's very difficult to get your money back if you've been cheated over the phone. Before you buy anything by telephone, remember:

- Don't buy from an unfamiliar company. Legitimate businesses are happy to comply with information requests.
- Always ask for and wait until you receive written material about any offer or charity. If you get brochures about investments, ask someone whose financial advice you trust to review them.
- Always check out unfamiliar companies with your local consumer protection agency, Better Business Bureau, state Attorney General, the National Fraud Information Center, or other watchdog group.
- Always take your time making a decision. Legitimate companies won't pressure you to make a snap decision.
- Never respond to an offer you don't understand thoroughly.
- Never send money or give

out your credit card number, bank account, or Social Security number to unfamiliar companies.

### Internet security

The Internet is a dangerous place, both personally and financially. It provides a two-way pipeline into unknown millions of computers and people of all character traits. Caution is the key.

Here are some tips from the National Fraud Information Center to identify Internet scams:

**Keep private information private:** Be a smart surfer — don't disclose personal information unless you know who's collecting it, why, and how it's going to be used. And never disclose your password.

**Get to know online merchants:** Be cautious of a company that claims to have a secret connection overseas or doesn't allow e-mail replies.

**Question out-of-this-world claims:** Claims such as "You can earn over \$50,000 a month" or "Lose weight without dieting" suggest a scam.

**Make sure it's secure:** If you buy something on the Internet and need to give your credit card number, verify the online security or encryption before you do business.

**Know who's who:** Online, anyone can be anyone, anywhere. Because it's easy to fake e-mail addresses, know whom you're listening to or talking with before you give out personal information. When checking out a company online, also search for Web sites that feature complaints about the company, to get a balanced view.

**Watch the .exe files:** Secret programs may exist in files you download — especially executable files, whose names end in ".exe." These files could ruin your hard disk, hijack your modem, or collect information about you without your knowledge. Install a virus protection program before you go online.

**Filter for fun:** Inexpensive filtering software helps makes sure your family members are protected from sites that may not be age or interest appropriate.

## Fake credit report Web sites cash in on personal information

**Federal Trade Commission**

*LIFELines Service Network*

You may have seen Web sites or received unsolicited e-mail offering credit reports, sometimes for free. Be aware that some of these online operators may not actually provide credit reports, but may be using these sites as a way to capture your personal information. From there, they may sell your information to others who may use it commit fraud, including identity theft.

This is a variation on "phishing,"

also called "carding," a high-tech scam that uses spam or fraudulent Web sites to deceive consumers into disclosing their credit card numbers, bank account information, Social Security numbers, passwords, and other sensitive information.

The Federal Trade Commission (FTC), the nation's consumer protection agency, urges you to take the following precautions when visiting sites or responding to e-mail that offer credit reports:

- If you get an e-mail offering a credit report, don't reply or click on the link in the e-mail. Instead, contact the company cited in the e-mail using a



Caution is key in keeping your money and your credit safe from cons.

telephone number or Web site address you know to be genuine.

•Be skeptical of unsolicited e-mail offering credit reports. Keep an eye out for e-mail from an atypical address, like XYZ123@website.net, or an e-mail address ending in a top level domain other than .com, like .ru or .de.

•Check whether the company has a working telephone number and legitimate physical address. You can check addresses at Web sites like www.switchboard.com, and phone numbers through reverse lookup search engines like www.anywho.com.

•Check for misspellings and grammatical errors. Silly mistakes and sloppy copy — for example, an area code that doesn't match an address — often are giveaways that the site is a scam. Look at the company's Web address: is it a real company's address or it is a misspelled version of a legitimate company's Web address?

•Check to see whether the e-mail address matches the Web site address. That is, when you enter the company's Web address into the browser, does it go to the sender's site or re-direct you to a different Web address? If it re-directs you, that's a red flag that you should cease the transaction.

•Find out who owns the Web site by using a "Whois" search.

•Exit from any Web site that asks for unnecessary personal information, like a Personal Identification Number (PIN) for your bank account, the three-digit code on the back of your credit card, or your passport number and issuing country. Legitimate sites don't ask for this information.

•All legitimate sites will want to verify who you are, and will respond to an electronic request for a credit report by

*See FRAUD, B-7*

# Word to Pass

## Military Children Invited to Participate in Pageant

Military children are invited to participate in the Pacific Island Armed Forces Pageant. The next pageant will be held at the Makai Community Center aboard Hickam AFB on Sunday, 9 a.m.

Winners from both pageants will be eligible to participate in the Grand Finals to be held in March 2005.

All children, ages 0 – 16, of service members, DoD, guard, or reserve personnel assigned in Hawaii are eligible to participate. The purpose of the pageant is to build confidence and poise in our children.

Savings bonds will be awarded to winners in each category and all contestants will receive a participation award.

To register, call 232-6925. Last minute registrations will also be accepted the day of the pageant. For more information, call Bonnie Bentley at 448-6611 or 232-6925.



## Street Bikers Ride For Tots

All motorcyclists are invited to join the 30th Annual Street Bikers United Toy Run Parade, the state's largest single-day toy drive, Dec. 5.

Motorcyclists will meet at the Magic Island parking lot where the gates will open at 7 a.m. The police-escorted parade will depart promptly at 10:30 a.m. and rumble through Waikiki before reaching Kapiolani Community College where bikers will drop off some lucky child's toy. The only requirement for participation is a toy donation for a child of any age.

All participants are invited to ride over and enjoy the party that follows at the Fleet Reserve Association, located at 891 Valkenburgh St. just off Nimitz Highway by the airport.

Every year, thousands of motorcyclists from around the state gather to support Hawaii's needy children with donations of toys. This annual parade of custom and stock motorcycles, many decorated for the holidays, never fail to turn heads and astound the spectators that line the streets. So bring a toy and be a part of this proud island tradition.

For more info, call Gene at 330-1588, Kevin at 383-1782, or Revron at 839-5657.

## Hilton Hawaiian Village Celebrates Holiday Season with Fireworks

The Hilton Hawaiian Village Beach Resort & Spa will be a festival of holiday lights and color tonight when it punctuates its annual tree lighting ceremony with the King's Jubilee fireworks.

The tree lighting culminates the first day of a Hilton holiday season that includes a singing Santa Claus and an employee craft fair that is open to the public. The entire village will be festooned in the holiday spirit, with trees in the lobby of each of the resort's six towers and a décor invoking the holiday spirit throughout the village's 22 acres.

Help the Hilton Hawaiian Village ring in the holiday season at any of the following events.

*Employee craft fair, 2 – 8:30 p.m.:* To be held at the Village Green Concourse adjacent to the main lobby, kamaaina can do their holiday shopping courtesy of the Hilton employees. The craft fair also runs Saturday and Sunday from 10 a.m. to 4:30 p.m.

*Holiday version of the weekly King's Jubilee, 6:20 p.m.:* There will be live entertainment at the Super Pool.

*Tree Lighting Ceremony, 7:30 p.m.:* The family of the Hilton

Hawaiian Village's general manager will throw the switch to light the entire village with holiday cheer.

*Fireworks, 7:30 p.m.*



## MCX Offers Prizes for Super Star Students

The Marine Corps Exchange is kicking off the fourth year of its Super Star Student program, which rewards students with good grades by giving them opportunities to win great prizes.

Each of the 16 Marine Corps Exchanges are rewarding patrons in grades 6 through 12, who maintain a B average or better for the grading period. Each Super Star Student will receive one scratch-off card per grading period with the chance to win prizes. There are three grand prizes per Main Exchange to include a \$1,000 U.S. Savings Bond and two \$500 Savings bonds.

To be eligible, students must be authorized MCX patrons and visit their local MCX store manager within 30 days of receiving their report card.

Prizes must be claimed within 30 days.

For more information, students should contact their local Marine Corps Exchange.

## Range Facility Promotes Marksmanship Proficiency

Kaneohe Bay Range Training

Facility is hosting a recreational firing program to promote marksmanship proficiency and firearm safety Friday afternoons.

This program is open to all active, reserve and retired military personnel and their guests aboard MCB Hawaii, as well as local, state and federal law enforcement personnel.

The range will open for authorized personnel and their guests from noon to 3 p.m. on Fridays of scheduled marksmanship training weeks. The type of firing will rotate weekly among rifle, pistol and shotgun firing.

Active duty Marines and Sailors stationed aboard MCB Hawaii are authorized to fire their Table of Organization weapons for practice during recreational fire. Call the Range Control Office for details.

Only two firing guests, aged 14 and older, per military member will be allowed.

To participate, call the range control office by the close of business the Wednesday prior to the rec-fire they plan to attend. For more details about the program, call the Range Control Office at 257-3180.

## Adults Sought to Change a Pregnant Teen's Life

The Mary Jane Program of Catholic Charities Hawaii is seeking safe and caring foster homes to place teenage girls who are unable to stay with their own families during their pregnancy. Currently, there's demand for licensed "host homes" throughout Oahu.

Each teen is carefully screened to ensure that she can commit to following the host home family's house rules and expectations. Also, the teen is placed under the family's care

at any point of her pregnancy, for up to four months after giving birth.

This Mary Jane Program provides continued support for the host family and teenager, in addition to a monthly stipend to the host family.

To help, call Pam at 263-2958.

## The Royal Hawaiian Dresses up for the Holidays

Each hotel celebrates the holiday season a bit differently; at The Royal Hawaiian, the "Pink Palace of the Pacific," they pride themselves on their elegant decorations and lavish food. Just when you think there could be no more pink at the hotel; the staff adorns it with pink flowers, pink ribbons, pink lights and pink ornaments. Year after year, visitors from around the world stop by during the holiday season to leisurely walk through its public areas and enjoy the sense of the holiday celebrations.

Be sure to check out the dining opportunities in the world famous Surf Room, right on Waikiki beach.

For more information or reservations, call 931-8383.

## Local Theatres Celebrate the Arts

If the play's the thing for you, catch any one of the following performances:

•*Dec. 27:* At the Blaisdell Concert Hall, groups may reserve seating for "Grease" starring Frankie Avalon, which will run Dec. 27 – Jan. 2, 2005. Groups of 20 or more will receive a 10-percent discount off tickets ranging from

\$44 – \$74. Call 723-7733.

•*Upcoming:* At the Army Community Theater (Richardson Theatre, Fort Shafter), get season tickets for "West Side Story," "The King and I," "Miss Saigon," and "The Secret Garden," all now available. Call 438-4480 for more details.

•*At the Honolulu Symphony:* Catch the Hawaiian Airlines Pops Series of classical and pop selections from Burt Bacharach to Arturo Sandoval. Tickets are on sale now. Visit [www.HonoluluSymphony.com](http://www.HonoluluSymphony.com).

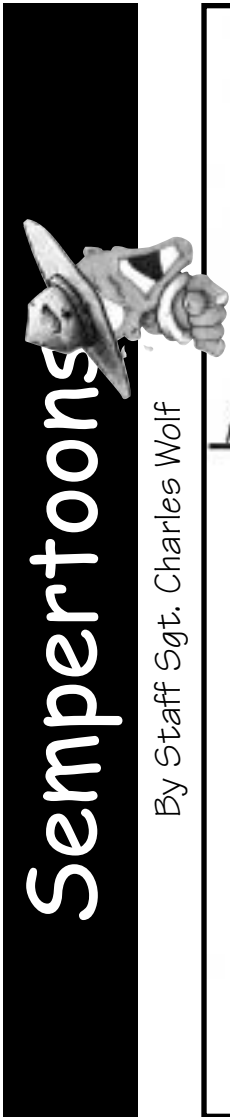
## Club Reaches Out to Japanese Wives

Sakura-no-Kai, a Japanese military wives club, is reaching out to Japanese wives who are married to local service members. The organization helps with transition problems Japanese wives may incur with the military and American culture. The club meets once a month and typically hosts guest speakers and activities such as cooking, handcrafts, first aid, CPR, beach parties and more. Lunch is provided and children are welcome.

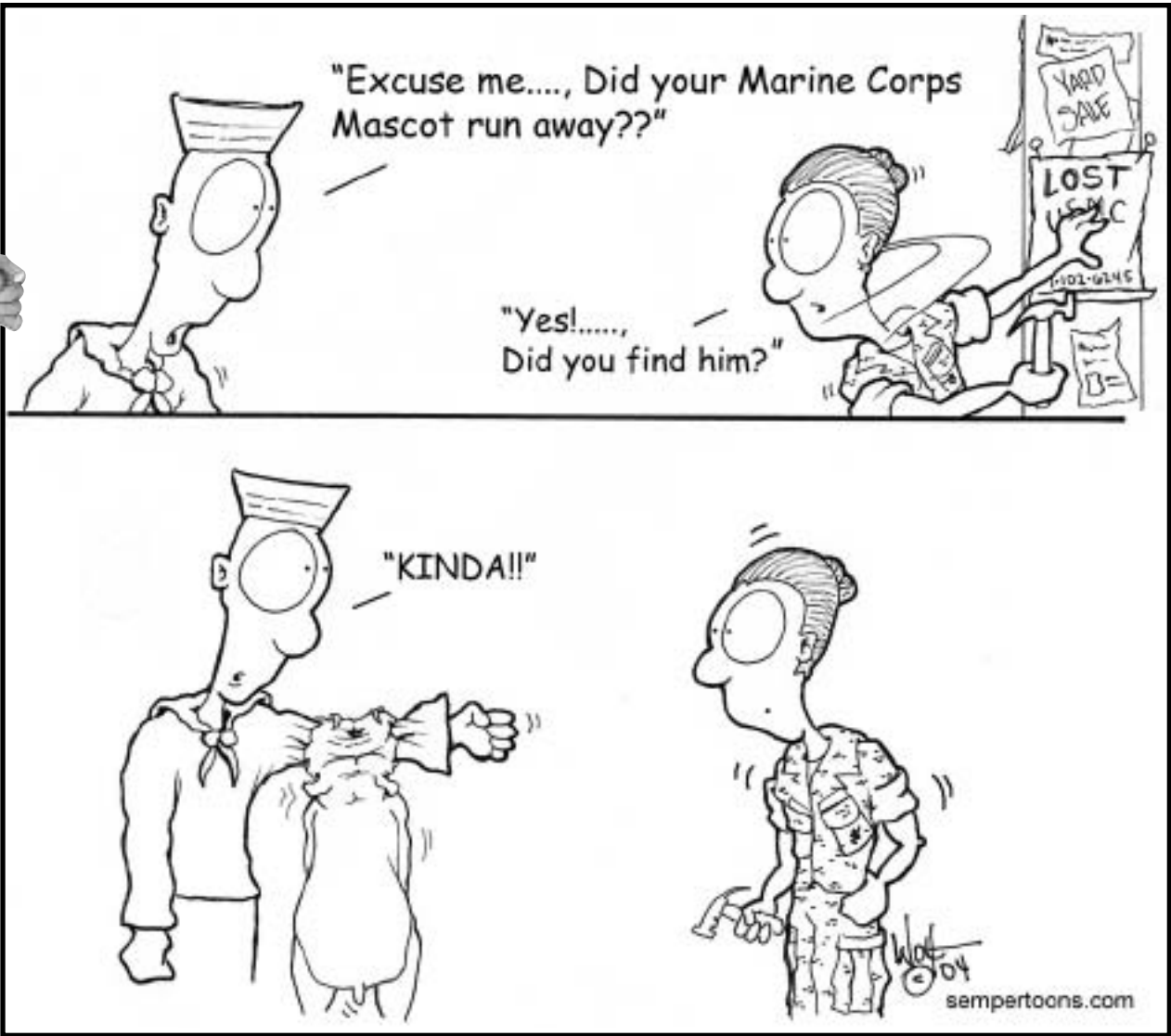
There is no membership fee, the club is not a religious group, and all ranks and military service wives are welcome, any time, to exchange useful information, whether it's preparing for childbirth, improving marital relations, learning new skills, exchanging recipes or having tea.

Pick up a copy of the club's newsletter at the Kaneohe Bay commissary or contact Hiroko Hagen at 239-2308 for more information.





By Staff Sgt. Charles Wolf



## MARINE MAKEPONO

HAWAIIAN FOR  
“MARINE BARGAINS”

### Automobiles

**'00 BMW 323ci**, dark red, 63,000 miles, automatic transmission with steptronic, all power, A/C, moon roof, CD and more. In excellent condition with no mechanical defects or problems. Asking \$18,750 OBO. Call 342-3759.

**'96 Nissan 200SX**, automatic, sun roof, runs great, clean and well-maintained, cold A/C, 140k miles. Asking \$3,500 OBO. Call 772-1028.

### Motorcycles

**'01 Honda CBR600F4i**, excellent condition, only 4k miles. Asking \$5300. Call Tim at 477-7534 (w) or 262-6563 (h).

## Free Makepono Ads

*Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.*

*Ads are free, should consist of no more than 20 words and will appear in two issues of the **Hawaii Marine**, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the **Hawaii Marine** office.*

*The deadline for submitting ads to the **Hawaii Marine** is at 4 p.m. the Friday of the week prior to publication.*

*Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in building 216 aboard Kaneohe Bay.*

*Makepono may be used only for noncommercial classified ads containing items of personal property. Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first-served basis.*

*To renew an ad or for more information, call the **Hawaii Marine** office at 257-8836 or 257-8837.*

### FRAUD, From B-5

asking you for an additional piece of information. If a site does not ask a follow-up question, the site is almost certainly a fake.

- Use only secure Web sites. Look for the “lock” icon on the browser’s status bar, and the phrase “https” in the URL address for a Web site, to be sure your information is secure during transmission. All real sites are secure.

- Watch your mailbox and credit card statements: If you’ve responded to a bogus site, you may never receive the credit report they offered for free. If you paid one of these sites for a credit report, your credit card may never be charged. If you find that you have unauthorized charges, contact your financial institutions and credit card issuers immediately.

- Report suspicious activity to the FTC and the U.S. Secret Service. Send the actual spam to the Los Angeles Electronic Crimes Task Force at LA.ECTF.reports@uss.dhs.gov and to the FTC at spam@uce.gov.

- If you believe you’ve been scammed, file your complaint at [www.ftc.gov](http://www.ftc.gov), and then visit the FTC’s Identity Theft Web site at [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft) to learn how to minimize your risk of damage from identity theft.

### For More Information and to Complain

For a copy of your credit report from the major credit bureaus, contact:

**Equifax** — [www.equifax.com](http://www.equifax.com); (800) 685-1111

**Experian** — [www.experian.com](http://www.experian.com); (888) 397-3742

**TransUnion** — [www.transunion.com](http://www.transunion.com); (800) 888-4213

The FTC works for the consumer to prevent fraudulent, deceptive and unfair business practices in the marketplace and to help consumers spot, stop, and avoid them.

To file a complaint or to get free information on consumer issues, visit [www.ftc.gov](http://www.ftc.gov) or call toll-free, (877) 382-4357; TTY: (866) 653-4261. The FTC enters Internet, telemarketing, identity theft, and other fraud-related complaints into Consumer Sentinel, a secure, online database available to hundreds of civil and criminal law enforcement agencies in the U.S. and abroad.